

Do young people use good of their leisure time ? essay sample

[Media](#), [Television](#)



Leisure time can be use well in many different ways. Nowadays, younger generation has greater choices of leisure facilities than previous one. One popular option among the young people are playing video games and watching television. While other activities like sports , social activities and reading are available to them . Many people feel that they spend too much time on these indoor games and they prefer they to be more activities. Some families are very concerned about health of their children while their children keep watching television or play video games at home.

This is supported by some reports that sitting too long in front of television could lead to problems of eyes . On the other hand, some medical experts believe that some video games can improve the dexterity of the player and this could help his or her future career like operating doctor or pilot. In others, watching television will inform about what happens around locally as well as globally. While such benefit is welcomed, there also are dangers of exposing them to violence and some scenes on some television series which can have negative impact on younger personalities.

In fact , there are many activities which have positive results in term of social, physical and educational values. For example : jogging or walking in the park will improve their physical strength and give an chance to observe nature and environment. Furthermore, spending time with family, relatives and friends outdoor enriches their social lives. Finally, if they know how to use good of their leisure time, it will help them have balance with entertainment at home and entertainment outdoor.